



# **Carers Support** **West Sussex**



**Carers Support West Sussex offers unpaid carers around the West Sussex area vital information, guidance, and emotional support services. It is about having a richer and deeper presence within each district of West Sussex, providing local solutions to family and friend carers.**

**Starting 13<sup>th</sup> May, individual sessions will run at the Glebe Surgery every second Wednesday of the month to support carers and potential carers.**

**13<sup>th</sup> May**

**10<sup>th</sup> June**

**8<sup>th</sup> July**

**12<sup>th</sup> August**

**9<sup>th</sup> September**

**14<sup>th</sup> October**

**11<sup>th</sup> November**

**9<sup>th</sup> December**

**Three appointments will be available to be booked through the surgery in the morning:**

**10 to 10.45 am**

**11 to 11.45 am**

**12 to 12.45 pm**

**Or drop in in the afternoon - 1.30-3pm.**